

School Health Promotion Morning Announcements

February: Take Care of Your Smile



Song:

[Start speaking here.]

Here's a tune that will help you remember to brush your teeth!

[Sing the following to the tune of "Row, Row, Row Your Boat"]

Brush, brush, brush your teeth, brush them every day.

Right, left, up, down, clean the plaque away.

Brush, brush, brush your teeth, brush them every day.

Front and back, take off the plaque – to smile all the day.

Remember, if you follow these five simple rules, you'll have a happy, healthy mouth!

1. Brush twice a day
2. Floss once a day
3. Visit a dentist twice a year
4. Don't eat too many sugary snacks and drinks
5. Eat healthy food

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